

THE NURSE MONTHLY

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The Visiting Nurse Association of Cleveland

501 St. Clair Avenue
Telephones, Main-2175—Central-3602
Hours, 8:30 a. m. to 5 p. m.

This Association furnishes trained nurses free to all persons unable to pay for their services, and is supported entirely by voluntary contributions.

The nurses are for the use of the public, and it is desired that physicians and others interested in the sick, shall send for them.

This Association co-operates with all charity workers of the city, but no society or doctor has any special claim upon the service, unless special contracts are made for such service.

The nurses are expected to make such charges for services rendered as circumstances of the patients permit.

Each nurse is required to be on duty from 8 a. m. to 5 p. m., with one hour intermission daily except Sunday, and one-half day in the week.

Sunday visits are required only in severe, acute or operative cases where a day's absence would be a great disadvantage to the patient.

Nurses can be communicated with at their stations every morning at 8 o'clock and every afternoon between 12:30 and 1:30.

The maximum duration of a visit does not exceed forty-five minutes, except in extraordinary cases.

Only graduates of schools giving general training are eligible as visiting nurses.

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THE Visiting Nurse Quarterly

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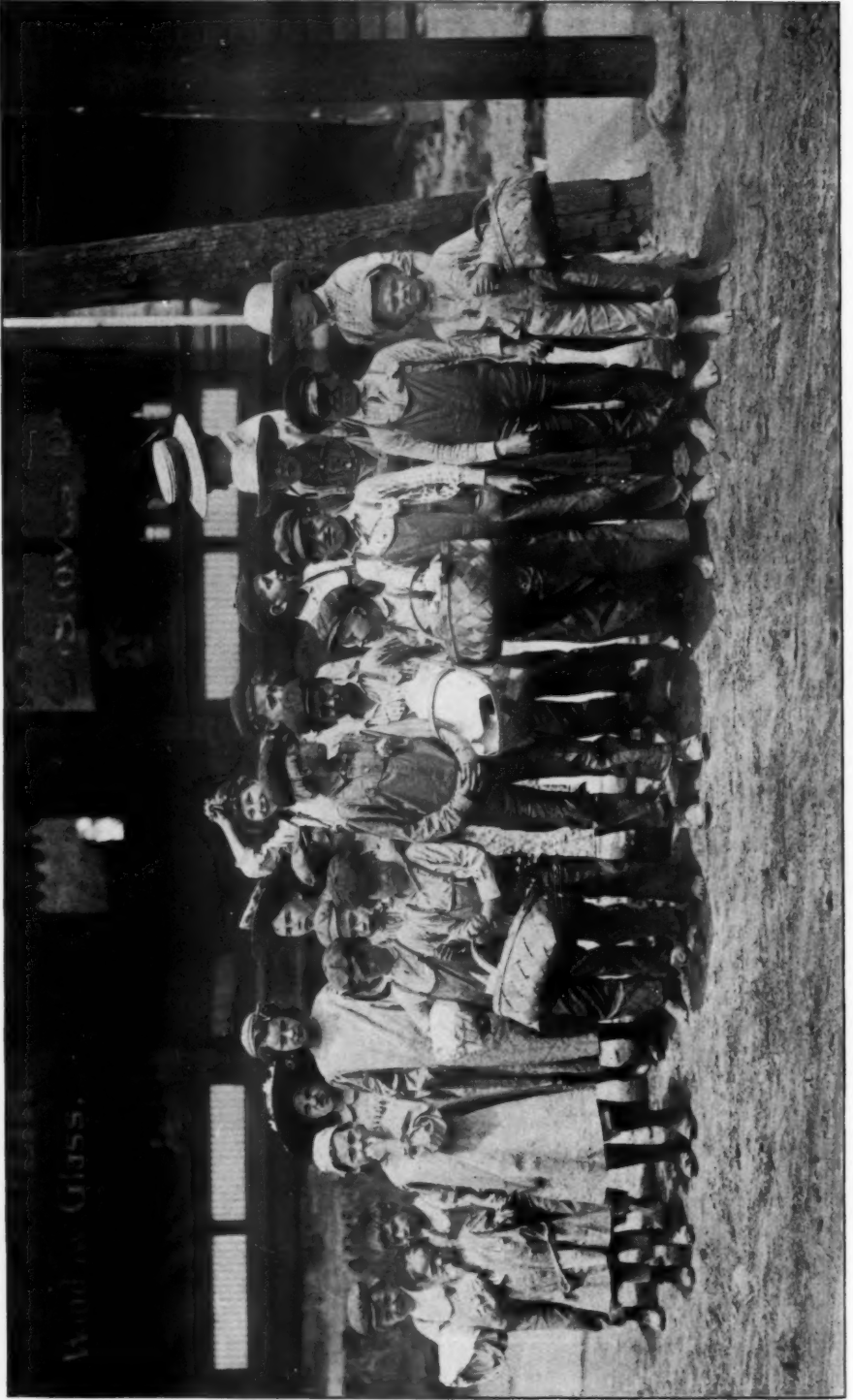
Miss LEONA WAGAR

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Nurse Association.

The October Number of the Quarterly will be devoted
chiefly to the subject of tuberculosis.



READY FOR THE COUNTRY.

The Visiting Nurse Quarterly of Cleveland

VOL. 1.

JULY, 1909.

NO. 3.

Editorial

The Visiting Nurses are busy through all the length and breadth of the following pages mediating the affairs of the poor who are known to them, and advocating their cause whenever they can gain a hearing. They are fortunate indeed to have great living organizations behind them, organizations whose only desire is to discover the needs of the poor in summer and to fill them to the very utmost of their capacity.

The day has passed when one can sit on comfortable porches and imagine that all the world is lapped in the well-being that one feels on such occasions. Indeed this quickening of the imagination, this desire to stretch the word "comfort" so that it may clothe as great a multitude as possible, is one of the latter-day miracles, and one which is familiar to all of us.

The world has become actively kind, and we are all of us restless unless we counterbalance our pleasures by actual labor in the behalf of those less fortunate than ourselves.

During these summer months, while we are reading garden books, and while we are learning constantly more and more of the delightful secrets concerning country life, let us also read about play grounds, and about some of the great schemes in the making for the preservation of open spaces in our great cities.

The more we educate ourselves along these lines, the greater will our interest be, and the greater our influence

in bringing about the reforms which even now have so many friends and interpreters.

When we all stand intelligently and unanimously together for any great reform, we shall already have won a victory.

Read "The Playground," a monthly journal published by the Executive Committee of the Playground Association of America, and it will remind you of what is being done to open up crowded places and to give freedom and exercise to cramped existences, and you will want to do your part in this effort to triumph over the feebleness and puniness which result from life in pent up places.

Read of the subjects touched on in the following pages, of the Fresh Air Camp, Rainbow Cottage, the Babies' Out Ward and the Branch Babies' Dispensaries—and whenever an impulse comes to you to do something kind and helpful for others who need it you will know where best you can lend your aid in this summer's work of salvage.

And then if you will follow the nurse on her pilgrimage through the chapter of tales from the districts you will often have a sense of nearness and of tenderness for the little people of whom you read, and whose good times this summer are largely owing to your generous giving and your effort in their behalf.

The Visiting Nurse in Outing Work

BY ANNIE M. BRAINARD.

(The work described is that done by the Visiting Nurse employed by the Children's Fresh Air Camp of Cleveland, Ohio.)

It is only recently that the value of a Visiting Nurse in connection with outing work has been recognized. Few organizations have tried the experiment, but the few that have, are thoroughly convinced of the inestimable value of her services, and feel that her co-operation has revolutionized the work.

In the first place, *she knows the people*; she knows where the most needy cases are to be found, she knows their prejudices and customs, and she makes allowance for the apparent indifference with which they respond at first to the opportunity offered them.

In the second place, *the people know her*; they are familiar with her uniform, they know that she is to be trusted, they receive her into their homes without suspicion, and they confide to her their real condition, financial and physical, knowing that in the past she has often brought relief.

It is difficult, if not impossible, to always select the most deserving cases, and consequently many a child has been sent to the country who was in no wise in need of such an outing. I have one case in mind where three little sisters were each given two weeks in the country *twice* during the season, the first time recommended by their church as "worthy," and the second time recommended by the teacher of their sewing-class, who said, "they are very poor, very respectable, and eminently deserving." And yet these children were living in a large house on one of the pleasantest avenues in the city, where their parents had been placed as caretakers during the summer. They occupied three large

bed rooms where the cool south breeze came in at night, they had a sitting room, a kitchen, a laundry, a piazza, and a large garden, where apple and pear trees cast pleasant shade, and lilacs and other flowering shrubs grew. Certainly, children living under such conditions were not eligible for *country outings*, no matter how poor they might have been, nor how attractive the children themselves.

And right here comes in another difficulty. The country people who offer to take the children of the city poor into their homes, and to give them the pleasure and benefit of a two weeks' holiday on a farm, are naturally indignant when dirty, vermin-infested children are sent to them, or when, perhaps, their own children develop within a few days some contagious disease, introduced into their home by the little city stranger. They resent what they rightfully consider the abuse of their hospitality, and the following year their home is closed.

The Visiting Nurse, by her training, her experience and her judgment, is able to overcome many of these difficulties. To begin with, she treats each child as a separate individual—as a little friend for whom she is trying to arrange a treat—and frequently they have been her little friends and patients for months. She investigates the conditions in the home of each child to see; first, that it is eligible, i. e., in need of a country outing and otherwise unable to procure one; second, that it has not been exposed to any contagious disease; and third, that it has not itself any infectious trouble, such as scabies, impetigo or pediculosis, and that it is clean and in proper condition to be received into a self-respecting family.

When these questions have all been satisfactorily settled the child is accepted as a candidate for a two weeks' outing in the country, and preparations are made for its transportation. The detail of all this work is great and yet it must be attended to in quick time, for the outing season is short, and there are hundreds of little ones waiting for a breath of country air.

Moreover when word comes from Briarville, or Latonia,

or any other small village, that it can provide for thirty girls and forty boys, (3 to 4 is the usual proportion) and that the children must come down on the 10 o'clock train, Wednesday morning, July the 14th, the invitation must be accepted with all its provisions. Then, too, the list of children must be made to fit the homes offered—a very difficult task. One offers a home for "a little girl of five with curly hair," an-



WANTED—THREE BOYS, HEALTHY AND GOOD-NATURED.

other for "a boy of three with blue eyes and curls," (curls are at a premium) still another for "three boys, eight to ten, good natured and healthy." These particular requests are numerous, but as far as possible they are complied with.

When this work of selecting and planning has been carefully perfected at the Central Outing Office, a list of children—slightly larger than the number required, for there are always some, unfortunately, who must be denied the pleasure—

is given to the nurse and she is instructed to have 50 of them ready to start on Wednesday morning at six o'clock—for the train which reaches Briarville at ten, leaves Cleveland at six—and moreover Wednesday is only two days away!

But a Visiting Nurse is accustomed to overcoming difficulties, and she feels no doubt of her ability to have the 50 children ready for the train at the appointed time. She takes her list, and beginning with the first name goes through the whole, until she has visited and selected the proper number. As far as possible, children from one locality are selected for the same outing, both because they are more likely to be happy if going with others whom they know, and also because it would be impossible for a nurse to visit 50 children in one day if their homes were widely separated.

The first thing the nurse does is to find out and make a record of the economic condition of the family. The homes are usually very poor; often the father drinks, or sometimes the mother. I remember once a nurse reported a family where the father was dying of tuberculosis, the mother was drunk, and their six children—two almost naked—were sitting on the steps eating raw Mothers' Oats out of a box. The children had to be taken to the Associated Charities for clothes before they could even be presented for an outing.

Then there are others whose parents are hard-working and well-meaning, but whose meagre earnings are not sufficient to properly feed their large families, and the children are in consequence anaemic, or perhaps, recovering from some recent illness. For instance, a German family was found where the four children (the oldest five) had all had scarlet fever the previous winter. The youngest had died and the other three were greatly in need of country air. The father was earning \$9.00 a week at steady work, and had never asked help of any kind, but illness and death with their consequent expenses had been a heavy burden for him to bear, and both he and his wife were most grateful for the two weeks' outing for their children.

After the case has been accepted as eligible, the nurse

investigates the physical condition of the child. She finds out what recent illness it, or its brothers or sisters or neighbors, has had, and if there is a suspicion of anything contagious the outing is deferred until a little later. Then the little body is examined for scabies or impetigo, and the little head for pediculosis and in case of need the proper remedies are applied and instructions given. The child is then told to take a thorough bath all over, the next day, and to come to the Central Office at a certain hour to be examined by the doctor. In many cases the nurse has to go back to get the child, or perhaps she is able to arrange for its mother or an older child to bring it. The doctor makes a thorough physical examination to see that the heart, lungs, etc., are in such condition that violent exercise would not be injurious; that it has no chronic trouble requiring special care; and that its skin and eyes are in a non-infectious condition. The nurse writes down a careful record of these conditions on her record cards.

And now the eventful Wednesday has arrived, and the 50 little children are awaiting their final inspection before starting for the train. It is four o'clock in the morning, and the city is scarcely yet astir, but it is none too early for the Visiting Nurse and the 50 little candidates, for the temperature and weight of each must be taken and written down, its head once more examined, and its little bundle or basket of clothes inspected (a change of clean clothes is required, and in case of extreme poverty is provided by the Associated Charities.)

As each child is O. K'd a little tag bearing its name and address is tied to its wrist, with strict injunction not to remove it, and it is made to stand in line. When all are ready the nurse counts them and checks them off, one by one, on her list. She then hands them over with a duplicate list to the two attendants who are to accompany them to their destination (two attendants for 50 children is the usual number) and they in turn count them one by one.

The work of the Visiting Nurse with this particular group now ends, but she often assists to get them fairly off

to the station and on to the train, and then—why, then another day's work begins.

The outing nurse has a difficult task and long hours, but she loves her work, and knowing that the time is short she works ungrudgingly, for the little pleading faces go to her heart and she wants to send off as many as she can to gain health and strength in the green fields and woods. She has many prejudices to overcome, and much urging is sometimes necessary to gain the consent of the parents—for they are not always as eager for the outing as one might suppose. Then, too, some of the parents are fearful of exposing their children to dangers. "Are you sure they won't break their legs? or get lost? or get run over?" are some of the questions asked and the nurse assures them that every precaution has been taken to care for them and keep them safe and well. One mother said: "You can't tell me that people would take my children for two weeks for *nothing*." She thought they wanted to make them work. Later in the season when the children of a neighbor returned happy and enthusiastic over the good time they had had, this same mother came to the nurse and begged that her two children might also be sent to that "nice place."

Last year the Children's Fresh Air Camp of Cleveland, which employs two Visiting Nurses, sent 831 children to out-of-town country homes, and not one case of contagious disease developed, and there was only one accident of any kind—that of a little boy who fell, climbing a tree, and broke his arm—the record was certainly splendid.

Of course there is always some dissatisfaction, but not much. One farmer's wife complained that she didn't intend to give charity to fine city folk's children that dressed better than her own. The little girl to whom she referred was one of four children whose father was in the last stages of tuberculosis, and whose mother supported the entire family by taking in washing. One lady for whom she washed had given her the cast off clothing of her own little girl—pretty underclothing with lace trimming, and dresses with embroidery and flounces. The poor mother had sat up for many a

night past midnight, mending and making over these same clothes, and had sent off her little girl with pride, happy in the thought that she looked so pretty for her visit among strangers.

But there is a compensation which comes to the nurse for all her hard work and discouragements, when she visits these same little children on their return, and notices the improvement not only in their health and appearance, but also in their manners and habits. Two little boys who had formerly behaved like little animals at meal time, putting their heads in their plates and fairly shoveling their food into their mouths with their hands, returned from their outing quite changed—they sat upright, ate neatly with a fork and seemed to have learned self-respect. And the mother of a certain little girl told the nurse with pride: "Nelly won't eat off the bare table now, she wants at least a paper under her plate, and she always washes her hands before she eats."

These little stories which come to the nurse's ear are her recompenses, and the knowledge that last year not one child was returned because of unclean condition and that not one case of contagion appeared, are her triumphs and she is glad and willing to take up her burden again when the summer appears and to prepare more little candidates for the country.

The Work of the Children's Fresh Air Camp

BY E. M. WILLIAMS.

It has been suggested that a short account of the work that the Children's Fresh Air Camp does and the method used by it would be of interest in this outing number of the "Quarterly," especially as the Visiting Nurse fills so important a part in the camp's machinery.

The summer outing work conducted in Cleveland is probably covered almost entirely by the following agencies:

The Salvation Army,
Epworth League,
Camp Wise,
Goodrich House,
Hiram House,
Children's Fresh Air Camp.

All of these are doing splendid work. The Salvation Army, it is probably fair to say, does not find it necessary to base its choice of children on any scheme of helping out home work being done by other organizations, probably because its own needs of this kind sufficiently occupy it. The Epworth League among the Methodists, and Camp Wise for the Jews, take care principally of their own people. Goodrich House and Hiram House each have their own farms, taking a limited number of people, and almost exclusively from the families among which they work.

The Children's Fresh Air Camp, therefore, is the only organization open to the entire city without reference to religion, race, neighborhood, or other restrictions. Among the children taken last year were 110 Hebrews, 431 Protestants and 790 Catholics. There were 30 negroes, and among

the balance 23 nations were represented by the parentage of the children.

The work of the camp is divided between two main departments, the Country Outing Department and the Camp itself. Last year there were sent to the country 831 children and nine mothers, and to the camp 758 children and eight mothers, the total cared for being 1,606.

The camp work, for convenience, was divided into four departments. The Field Department is the largest of these. It takes care of children between the ages of 4 and 14 who live in tents, and who numbered last year 568.

The Creepers' Department, housed in the Francis Hayes Glidden Memorial Cottage, is for children from 1½ and 2 years up to 4, who while not eligible for the Babies' Hospital Ward, are still too young to risk tent life and to run loose with the older ones. In camp parlance, we call these "creepers," and last year they numbered 98.

The Babies' Hospital Ward for sick babies, accommodated last year 23 at a time, and cared for all together 64 babies, a large proportion of which are sent to the camp in desperately ill condition.

These three departments are situated in the main part of a beautiful tract of hilly and well wooded ground just at the top of the hill going up Buckeye Road east of Woodhill Road.

On the same tract of ground, but separated by an elevation, and up on another hill, is an isolated group of tents for tuberculous children, constituting the fourth of the camp departments mentioned above. This part of the camp has capacity for 20 children at a time, and took care of 30 children last year.

The writer has frequently been asked such questions as: How can children be referred to us, and how do we select our children? Our scheme works about as follows: Postal cards addressed to ourselves with blank spaces for the name of the child who needs outing, and the name of the individual and organization recommending it to us are scattered broad-cast among the institutions who are most apt to

know about children. These institutions include charitable organizations, hospitals, churches, etc., and these cards are gladly furnished to any individuals who want them. They are mailed to the General Outing Office maintained by us during the last three years in Goodrich House.

On receipt of an application a record card is made out, and the inquiry is referred to an investigating nurse, two of whom we engage for this work each summer from the staff of the Visiting Nurse Association. By her the case is investigated and a careful history made on a card prepared for the purpose and which contains the information necessary to enable the superintendent in consultation with the investigator and proposer to determine the relative need of each case with others awaiting their turn. This investigation also safeguards us against the danger of sending into country homes, or among other children at the camp, new children who might carry with them contagious disease, even though they had not yet contracted it themselves.

The readers of this magazine will be interested to know that nearly twice as many applications came to us through the Visiting Nurse Association last year as from any other source, other than individual applications. There were just 20 organizations in the city in the list of those who referred children to us.

After the child has been accepted for outing, the nurse makes a final call within two days of the date set for the little one's vacation, and instructs it to appear at Goodrich House at a certain time. When the children are gathered here in parties, they are thoroughly examined by physicians who make note of all ailments and defects, reject those, who, for any reason whatever, ought not to go to camp or country, and pass those who are eligible.

Those going into the country generally go in parties accompanied by an escort from a large committee of generous volunteers who give their services for this purpose each summer. Their stay is two weeks. Very frequently, during the year, their hosts become so fond of their little guests that they want to keep them longer, and probably a dozen or

more times during the year we get requests to permit adoption of the children. These latter requests we cannot of course accede to, as we have neither the machinery nor the legal powers necessary for this purpose. The question of how much aid we might be to regularly constituted agencies for permanently placing children is one which will require careful thought. The children who go out to the camp, go out by street car under similar escort, and are re-examined by camp doctors prior to admission.

There are two exceptions to this general method of receiving children. In the case of the babies' hospital, we receive direct on certificate from the physicians of Lakeside hospital, children coming through their dispensary. The same is also true of children from the Babies' Dispensary and Hospital. Sick babies coming through any other avenue are referred through the Babies' Dispensary and Hospital in order that their names may get on the books of that organization with a view to make more possible their being followed up later in such a way as to so far as maybe make permanent the good they may obtain while at the camp.

The group of tents for tuberculous children is operated in co-operation with the Anti-Tuberculosis League, and all children received here come through the Tuberculosis Dispensary.

It is the writer's hope that the little outline above will enlighten many of the readers with regard to the care we take to give what we have to give to those who need it most, rather than to those who urge most for it; that it will show the care we take to safeguard our own group of children and the kind people in the country who permit us to send children to them; and that it will show how close is our co-operation with other organizations. More and more we find, through just such workers as the Visiting Nurses, the need for taking children, not alone because they are sick or run down, but also to relieve temporarily home conditions, and allow the Visiting Nurse or the friendly visitor an opportunity to restore to some troubled home or to a worn-out mother the comfort and health which would take

much longer and more money to procure were she not temporarily relieved of the care of her children.

This last work is one that is wholly unprovided for in Cleveland, except in-so-far as it is made possible by the outing organizations in the summer. The need for it is just as great throughout the year as it is in summer. It seems that the Fresh Air Camp could undertake to do a limited amount of this during the winter, with less additional demand on Cleveland people for funds, than could some other organizations who might have to provide not only what we would, but much that we already have. Through a generous gift this past year, we have a large part of the equipment necessary to do this. We could not undertake it, however, without a much larger assured annual income.

Another thing that is needed in Cleveland, and which can easily be provided if the necessary funds are available, is some means for caring for certain classes of children who probably need outing more than the perfectly well class, but cannot have it because they are not safe to place with others. There is besides this an urgent need for outing and fresh air for many who cannot be classed as children. This year, for the first time, we will meet this last need in one important respect. We have established a separate isolated group of tents known as the Mothers' Camp, which will also be in charge of one of the Visiting Nurse staff, and which will accommodate at a time six mothers with babies. This ought to mean about forty mothers during the season.

The Work of Rainbow Cottage.

BY CLARA PRENTIS SHERWIN.

The summer work of Rainbow Cottage can properly be classed with other outdoor work, since during this season the large summer annex and the tents increase the capacity of the cottage from 25 or 30 to a possible 62. Every child that can walk or be carried under the trees, spends only such time under a roof as is demanded for eating, sleeping or necessity of some kind.



UNDER THE TREES AT RAINBOW

Through the present working affiliation with Lakeside Hospital every candidate for admission is brought by Miss Grant, the Visiting Nurse employed by Rainbow Cottage, to the Dispensary of the Hospital for examination. The Visiting Staff of surgeons and physicians are all members of the Hospital Staff, which insures the after care of the pa-

tients by the same doctor making the examination and assignment.

A large per cent of these patients are cripples and in their case, the Cripple School, Visiting Nurse Association, Lakeside Hospital, and Rainbow Cottage, unite in a most cordial co-operation. All Visiting Nurses report any such cases as come under their notice to Miss Grant. Often she finds attendance at Cripple School a good beginning in establishing friendly relations with the parents, which, followed up may lead to permission for a very necessary operation and later the removal of the patient to Rainbow Cottage for further treatment and convalescence. Many children are sent directly from the Dispensary to the Cottage, being returned to their homes when cured or sent back to the Hospital if more radical treatment is necessary, for orthopedic work is often slow and with many different steps toward real recovery.

Anyone reporting a child, between the ages of three and fifteen, either crippled or in need of medical care, to the Visiting Nurse may rely on the prompt investigation of the case, and should the competent medical examination, given every such child, prove it to be a proper patient for Rainbow it would be admitted there at once or put on the waiting list. Unfortunately, there must, at times, be such a list, as the capacity of the cottage is not always equal to the demands upon it.

Were it not a summer story we are asked to tell, much might be said of the pressure for admittance, when sleeping in a tent, or the care of delicate children in a building without a furnace, becomes impossible.

The establishment at Lakeside Hospital of a shop where braces and other mechanical appliances are skillfully made under the direction of a surgeon and furnished at actual cost of production, has been of much benefit to many Rainbow patients.

It is hard to associate some of these necessary but cruel looking devices with little children, and how they can be worn not only by patient but even merry little persons is one

of the problems solved by the skilled and kindly care, the good food and the ample pleasures which the trustees of Rainbow Cottage make it their business to provide.

Even a casual glance at the helplessness of so many of the children, a mere guess as to how many surgical dressings this must mean; a suggestion of the necessity of frequent taking of temperature, of rigid precautions against the entrance of contagion where there is so little strength to withstand it—just these things alone would convince any visitor that a competent staff of well trained and efficient nurses and attendants, many hands as skillful in service as can be found, large quantities of pure milk and wholesome food, and other necessities, must be provided. There is an urgent need for just the work done by Rainbow Cottage and it is doing what it can to meet this need.

Do you wish any individual instances? A bright little colored boy of four, paralysed when a baby, was discovered by a Visiting Nurse. His knees were drawn up almost to a right angle, his feet were painfully deformed and he had never walked a step. He was taken to Lakeside, where the necessary operations were performed and a year ago he came to the cottage, unable even to stand. Teaching him to walk has been a long, but patiently undertaken task, but now he proudly walks the entire length of the ward. At present he is back at Lakeside for a further operation and will be returned to the cottage for convalescence with the assurance that it will be possible for him to grow into a wage earner instead of a helpless cripple.

A little Russian girl with heart trouble needed quiet and skilled care, impossible in a crowded home where the struggle for mere existence is too strenuous to permit even the most ignorant attention. She was in the cottage for months, returning home a different child. She has just written a pathetic letter begging in broken English to be allowed to spend the summer at Rainbow. These heart cases are often found and respond most satisfactorily to the quiet regular life and the constant medical supervision.

For over a year, a little girl has been an inmate at Rain-

bow. She came with both hands twisted and distorted into what could be called club hands. For months they were treated and bandaged, but today she can shake hands with the surgeon in charge, and there is hope that after treatment of the arms, also affected, she may become a useful member of society.

A boy with a tubercular foot, from a family where there have been two deaths from tuberculosis and another hopeless case was found too far from the dispensary to make visits there possible and with too much ignorance for home care of any kind. An operation at the hospital and subsequent months at Rainbow are doing their kindly work and there is hope for his future. Frequent visits from the Visiting Nurse must be made, much coaxing and more insistence used to convince the ignorant family of the necessity of his remaining longer.

A little girl who in all her eight years had never walked took her first steps at Rainbow where the children say "everybody learns to walk."

These are only a few of the cases which summer and winter alike find their way to Rainbow Cottage.

The Outdoor Ward of the Babies' Dispensary and Hospital

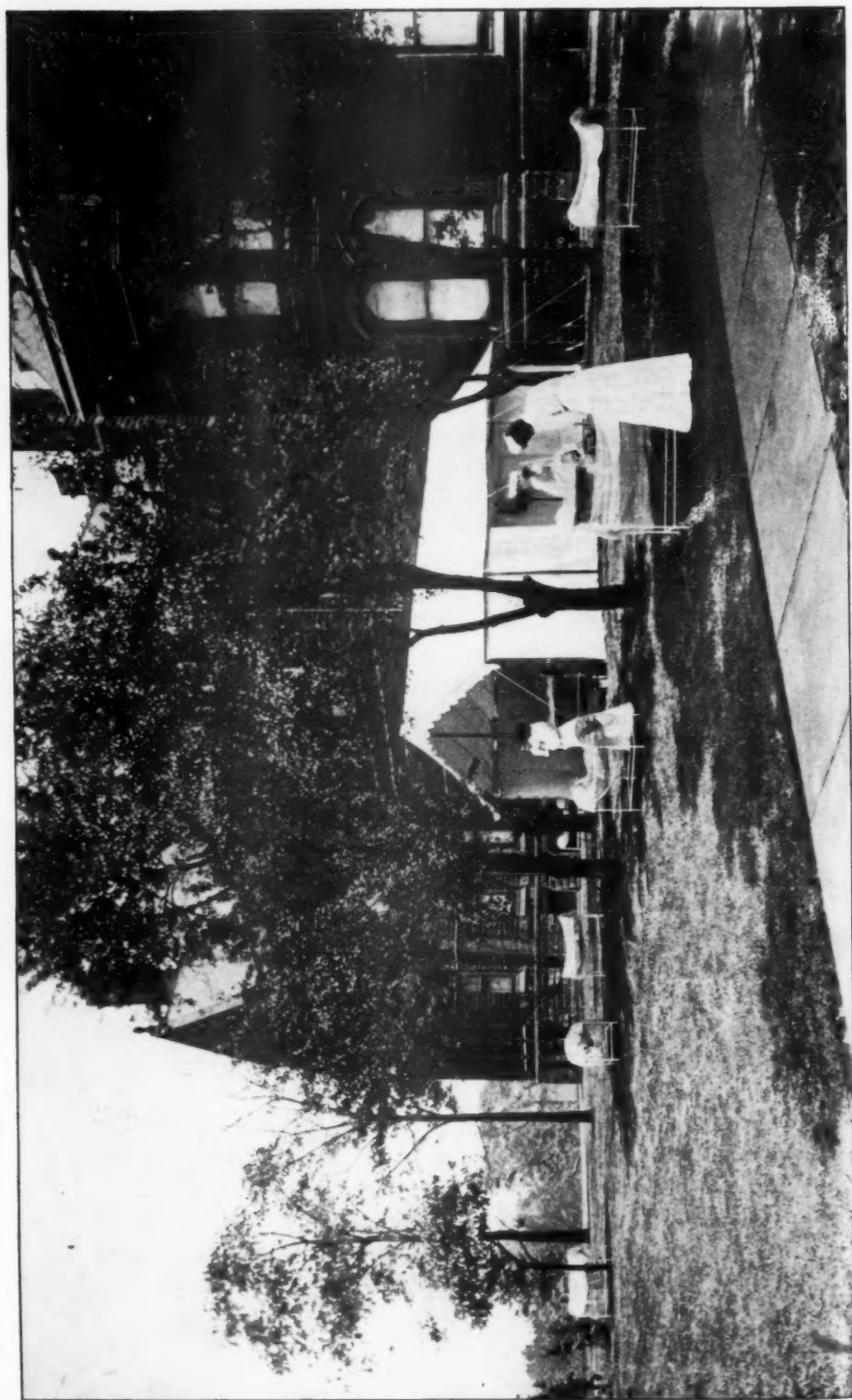
MRS. ANDREW SQUIRE

The limit of possibilities in extension of relief work for the summer of 1909 seemed, to the Board of Trustees of the Babies' Dispensary and Hospital, to be reached when Dr. Gerstenberger reported in the April issue of the Visiting Nurse Quarterly that four Outside Dispensaries, in different quarters of the city, would be inaugurated in June.

The dream—not even then a hope—of an Outdoor Ward, at that time existed only in the heart of Miss Leet, one of the nurses at the dispensary, who knew that such work had been undertaken in two other cities.

And yet, so unexpected are the ways of Providence, since July 1 that dream has become a reality. In amongst the trees of the old Andrews' place on the corner of Euclid avenue and East 30th street, beside the stately old mansion, no longer deserted and alone, nestles the little white tent of the Outdoor Ward of the Babies' Dispensary and Hospital. Over the widespread, wind-swept lawn, watched by carefully trained physicians and nurses from the dispensary, are dotted tiny, white beds, each containing a suffering baby, which in the majority of cases has been brought up to this great, splendid breathing space by a heart-broken mother from some one of the closely congested quarters of the city.

It seems almost too wonderful to be true that Mr. Horace Andrews, the generous owner of such a place, has been not only willing but glad that his extensive property, so long unused, so exceptionally located in the heart of the most beautiful part of Cleveland, yet only a stone's throw from the most crowded tenement districts, should be adapted for the summer months, to relief work for sick babies.



THE OUTDOOR WARD

It is earnestly hoped that the results may be as gratifying to him as to the generous friends like Mr. W. S. Tyler, Mr. Myron T. Herrick, Mr. James Parmelee, Mr. Samuel Scovill, Mr. P. Yensen, and many others who have willingly co-operated with the Women's Board, particularly Mrs. Frank Billings, Mrs. Otto Miller, Mrs. John Sherwin and Miss Edith Dickman, to furnish the necessary equipment.

So simple was this equipment, so little, relatively, does an outfit cost, now that the grounds, the water, the electric light, the telephone, and the heating plant are supplied that it has been determined to ask those interested to visit the ward at Euclid avenue and East 30th street, see the babies and suggest some way to extend the work still further.

There should be more tents, the grounds are so large, so beautiful, they may be never loaned for this purpose again; and tents, that can be made to do, can be bought for \$50.00 each.

There should be more little beds, they cost so little, only \$3.00 each, and with the sheets, blankets and bedgowns about \$1.00 more.

There should be more nurses, a nurse for each tent, a nurse and a helper, but alas! this is the largest cost and it will be doubled if, as is hoped, there can be, in addition to the day work, a night force.

Perhaps, in asking so much, it would be courteous to make a statement in detail of how this outdoor work has been carried on in Chicago and also in Providence, R. I., for the plan of operation in the latter place has been the model for Cleveland's undertaking.

After the national conference of Visiting Nurses held in Chicago last year the Labor Advocate for August reported:

"The Chicago Relief and Aid Society is conducting what may be called a Fresh Air Mission which comparatively few know about. A little child can live through a great deal, but the conditions in the poorer parts of our city are such that each summer takes a fearful toll of child lives. Conditions that are bad at all times are intensified during our spells of extreme heat. An effort to cope with these and save at least some little lives furnishes at the same time an object lesson for the community.

"For four summers, tents have been erected in the grounds of spacious places, where mothers, many times ignorant, discouraged and exhausted, have been taught to bring their sick babies from the smoke and grime, the filth and squalor of some congested ward to these relief stations in the open air. Last year there were two hundred and ninety-nine under the care of the nurses, this year we could maintain many more such fresh air stations were land obtainable."

Later in the year, in November, the American Journal of Nursing contained the following account of what had been done on the same lines, after learning of the Chicago work, by the District Nursing Association, of Providence, R. I.:

"A lady offered us her beautiful grounds, with a summer house and a broad shady piazza, also the use of the gas stove and telephone. The family was to be out of town for the greater part of the summer, and the house left in charge of servants. It was ideally situated for our purpose on the edge of one of the most congested parts of the city. The same lady also gave us \$100 toward equipment and running expenses. Beds, bottles, bottle racks and ice-chest were loaned to us. In buying the simple equipment the temptation to get "hospital supplies" was withstood, and only such articles purchased as could be afforded by the poorest mother, for the whole object of our scheme was to teach the mothers by example, and demonstration, what they themselves could do for their babies.

"The ticks were stuffed with straw which could be readily removed, the measuring cups, pitchers, etc., were of agateware, the long table was covered with enamel cloth, the rubber nipples were kept in glass preserve jars; everything in short, though scrupulously clean, was such as might be found in any home, for we hoped that the whole might prove valuable as an object lesson.

"It was decided to limit ourselves to ten beds, so that the nurse might have time for instructing and talking with the mothers. We engaged a nurse with good experience in baby work, and we also engaged an assistant, a public school teacher, with an aptitude for babies, who was glad to use her vacation in this way, and who did excellent work under the nurse's guidance.

"The District Nursing Association had added to the staff three special nurses, for the summer months, to do advisory work with children, and to these nurses was given the responsibility of sending in the babies.

"One of the younger doctors took medical charge of the camp, and a large amount of its success has been due to his devotion to it,

to his willingness to follow up the babies at home, and to his talks with the mothers.

"The mothers brought the babies at half-past eight in the morning (on Sunday as well as on week days), having first bathed them at home. They brought with them enough clean diapers for the day. Of course, real diapers were rarely seen, but the stipulation that the clothes must be clean and not washed with naphtha soap was insisted upon. On arrival the babies were undressed and a night gown put on, their clothes being kept clean to wear home.

"The milk was modified every morning for the twenty-four hour feedings, to meet the requirements of each baby, according to the doctor's orders, and at night every mother carried away with her the bottles needed for the night, paying for all five cents a day. The soiled diapers were also taken home to be washed, heavy paper bags being provided for the purpose. The articles used for each child were, of course, kept separate, while bottles, nipples, night gowns and sheets, were boiled daily, and the mothers instructed in a like care at home.

"The mothers were allowed to come and see their babies at any hour, but they did not stay at the camp unless a child was dangerously ill. On the recovery of a baby, it was sent home to make room for a sicker one, but the children's nurses visited it regularly to see that instructions were being carried out, and it was often surprising to find how many of the camp ideas had been observed and how great an effort was being made to carry them out in the midst of discouraging home surroundings. Groups of neighbors and friends also visited the babies, giving excellent opportunities for instruction.

"The camp was open from July 2 until September 4, during which time fifty-three babies were cared for at a total expense of \$252.61. We consider the plan a success, judged both by the good results gained by individual babies, and from the point of view of the education of the mothers."

The publication of this modest account occasioned an interesting correspondence with Miss Gardner, its author, and the superintendent of the Providence District Nurse Association; of which the following extracts serve to corroborate an announcement made in Minneapolis last June at the annual conference of Visiting Nurse Associations, that Providence owes to Cleveland the inspiration for its Babies' Hospital, this year established.

"It is a great pleasure to answer any questions, for we have received so much inspiration and help from the reports of the baby work in Cleveland that I feel we owe you a debt of gratitude."

"The piazza we used was so protected that a tent was not necessary, even on the stormy days the babies did not get wet. Tents had to be used in Chicago, which made their equipment cost much more than ours."

"This year we are planning to have two or three such camps in different parts of the city and also, I hope the modest beginning of a dispensary for well babies, Cleveland having given us the idea."

Dr. Gerstenberger's report, referred to above, states that of the ten thousand babies born in Cleveland last year, two thousand died. One-fifth of all died before they were a year old, many before they had lived one short month, one single month of wailing baby life!

That Chicago would maintain many more Baby Day Camps, were land available; that Providence finds its experiment of such value that at the opening of the second year it finds means to double, and possibly to triple, its effort; are facts that make significant testimony of the value to Cleveland of this Outdoor Ward of its Babies' Dispensary and Hospital.

Shall Cleveland make the most of this large opportunity Mr. Andrews' generosity affords? Shall a second year be waited for to double the experiment? Surely there can be but one answer to this—a moment's pause beside one of the little cribs is convincing evidence that the need is a crying one.

Wanted: A Place to Play In

BY ISABEL W. LOWMAN.

I am going to tell you the story of a group of eight or ten little boys who live in one of the districts of Cleveland where comfortable old family residences have been converted into boarding houses and where one and two-story places of business appear at intervals of every block or half block. These boys are not of the so-called needy type though the evidences of their material comfort are very scant. Their fathers or mothers or both have employment and are thus far unacquainted with any of the benefits in the gift of the organized charities of the city.

To a close observer the group of boys of which I speak shows very evident signs of being underfed and in a sense neglected, but this lack of material comfort cannot for a moment be compared to the shortage these boys suffer in the way of wholesome diversion and pleasure.

On week days during the school term our admirable school system makes it possible for them to have the comforts and opportunities which all children in our country are admittedly entitled to, and the healthy part of this giving and receiving of benefits is that it constitutes a reciprocal relationship between the child and the State by which both are gainers. The school not only offers a system of restraint and education to the children of the city but by a system of ever increasing surveillance it coerces the children and the children's parents to profit by these opportunities offered. In return the children make more valuable citizens because of this education and whether voluntarily or involuntarily they return to the State a part, at least, of what has been invested in them.

Of the utter dreariness and lawlessness of out-of-school

hours where neither recreation nor occupation is offered to these children no one can form any idea unless he has been a neighbor and an eye witness to a long series of thwarted attempts to play.

The group of boys of whom I write ran home this spring from school in the afternoon filled with that reaction from restraint which Stanley Hall tells us all young beings are subject to when released from desk and bench. All that these children needed in order to be law-abiding and contented was a place to play in and something to play with. Their homes or rooms were for the most part deserted by their parents, who in almost every instance were earning their livelihood at some down town employment.

As a matter of fact from three-thirty till time to sell the late afternoon and evening editions of the newspapers these boys slipped in and out of other people's back yards in a vain attempt to play ball. On several occasions they broke a window.

Everyone's hand was against them and their hand was against everyone. They were chased by infuriated adults of both sexes, they were given kicks and blows by house owners and stable men. The boys developed an increasing desire to taunt and annoy these grown-ups and their acts of revenge against property owners began to take on a character which made this warfare in itself a spicy substitute for the wholesome pleasures they might have enjoyed had they had a place to play in. As the admirable folder published in Hiram House a few months ago expresses it, the "gang spirit" got uppermost and the team spirit was lost, so that these boys during out-of-school hours turned every frustrated attempt to play into an organized attack on the property and rights of others.

The old Roman saying, "Give us bread and games," came often to my mind during the early spring when I watched these boys. The shouts of the Roman populace are just as loud today as then. Many things change but the nature of human beings remains essentially the same.

Our appetites are varied and it is not enough to feed and

clothe and house and educate a child. If he is to become a good child and a useful man he must have some pleasure too. The universal desire for amusement ought in a sense to be its own justification or at least its own explanation.

Why is it that in every street and alley and vacant lot amid muck and litter and every kind of unloveliness you see children trying to play.

You can't find a soil so packed and gritty and apparently sterile that this little seed of fun and enjoyment in children isn't trying to push its way up toward the light. Nothing kills it while one is a child. It is a part of the deathless, imperishable inheritance of childhood. Have you ever known a child to forfeit a chance to play because he was cold or hungry or because in the struggles of play he might tear his threadbare clothes and be beaten for it by the tired woman who had to mend them later? Play is more to the child than bodily comfort, and every community ought to be wise enough to recognize this and to provide generously for a need that in all times and in all places has been one of the greatest of human needs.

Most fortunately for us all this realization of the value of play and of recreation is coming to our people with overwhelming force. From all parts of the country the same note is sounding and what is being so well done by the earnest workers who have taken the initiative in this matter must be seconded by the public sentiment of every community.

Well it is that our conviction has taken on a national significance and that supervised exercise and recreation have become a part of our country's program.

We are told that when the people of Athens were offered their choice between schools and play grounds that they chose the latter.

Truly their culture and civilization justified their choice in this as in other matters.

Our own civilization would be quite inconceivable without its schools and its libraries. Would that it were just as inconceivable to admit of a form of civilization that

does not provide as a general measure play grounds and play things during that period of childhood and adolescence when starved instincts for fun and play often spindle up into vicious and criminal growths.

I have, however, wandered far away from my group of boys. I don't think one of them will have a chance to see the woods or the open spaces of the country this summer unless some private individual enters into friendship with them. They will none of them go through any of the mills of organized charity or benevolence. The great democracy of school life is not in operation for them just now and the right to play and the gift of a place to play in is not yet accorded them.

They will have the streets and alleys for their field of operations and their hours of leisure will largely be spent in lawless vagabondage.

Happy indeed for them when the school calls them back into a state of partial adoption.

News Notes

A Glorious Fourth of July.—The reason that Cleveland has had an absolutely quiet Fourth of July is because public opinion has stood with all its weight behind the ordinance that forbids the use of explosives. When one considers what a time honored institution the Fourth of July is to us Americans and how our earliest memories associate its celebration with noise and danger, one is carried away with astonishment at the thought that it suffices to pass an ordinance in order to secure the absolute abolishment of explosives within the city limits.

If it is possible for us as citizens to exert so mighty a control when we are unanimous in our conviction, it certainly behooves us to become unanimous on many subjects, and to inform ourselves of the good we can accomplish.

The Prize Paper at Lakeside Hospital.—The theme selected for one of the prize papers given to the graduating class at Lakeside Hospital this year was "The Value of the Social Worker in the Public Wards of a Hospital and Dispensary From the Standpoint of the Trained Nurse." A lively interest was created and some of the papers written showed much thought and study of the subject. Miss Gertrude A. Bangham's paper was awarded the first prize.

The New Children's Department of the Humane Society of Cleveland.—The President of the Humane Society has recently appointed the following committee to direct the work of its Children's Department: Worth M. Tippy, chairman; Charles S. Howe, James R. Garfield, Francis T. Moran, Dan B. Cull, Miss Matilda L. Johnson, Dr. W. H. Kinnicutt, Dr. Frances S. Konrad, Dr. H. J. Gerstenberger.

The first act of the committee was to gather together complete information as to all the work being done for children in Cleveland by public and charitable agencies. This was done with a view to determining the strong and weak points in the work of protecting childhood in our city.

There is at present no organization in Cleveland which is making it its business to study the entire children's situation in the city to determine what are the causes of distress and to put into operation plans which may result in relieving such distress at its roots.

It has been urged by many that the Children's Department of the Humane Society is the logical agency to fill this most needed gap in the city's scheme of charities. With the excellent committee which has just been appointed it seems fair to presume that this will, in fact, be done in a most efficient and thorough-going manner.

The value of such an organization, co-operating as it may with every agency in the City which touches the problem of the welfare of children, if done efficiently and on an adequate scale, is inestimable.

A Central Registration Bureau.—Cleveland is about to have a Central Registration Bureau. The various charitable organizations of the city are to be asked to send into the Central Bureau the name and address of any individual receiving relief and the kind of relief given. These items will be recorded by card catalogue system and filed. About twenty of the leading charitable organizations of the city have already agreed to co-operate in this plan which it is thought will do away with duplication of relief and tend toward economy of administration.

Miss Nutting's Address.—Miss Adelaide Nutting, president of the American Federation of Nurses, gave an address before the Cleveland Graduate Nurses' Association on the occasion of its annual meeting, June 15. Her subject was the training of hospital superintendents, and was most interestingly dealt with.

Baby Camps in Columbus.—The District Nursing Association of Columbus has established two Baby Camps, planned after the camps of the Relief and Aid Society of Chicago. One of these camps is located at the Goodman Guild Settlement, in a poor section of the city, and the use of two rooms has been given where very sick children can be cared for at night under trained nurses. The other camp is on the lawn at Mercy Hospital, where provision is also made for night care of very sick babies, under the supervision of the head nurse. The district nurses make all home investigations and give instructions in care and feeding.

Outing Work in Toledo.—Last year the District Nurses of Toledo had the privilege of sending some of their child-patients to the summer camp opened by the Epworth League. The camp was open for three weeks during which time many little convalescents and over-tired "little mothers" were given a good outing, playing in the fresh air all day, and sleeping in tents at night. Later in the summer several day excursions were given; one by Miss Olive Cotton for patients recovering from long illnesses and for chronic cases—six Visiting Nurses accompanied this party and took charge of the invalids; one, by the District Nurse Association, for 126 mothers and children; and one by the Salvation Army where 90 children and adults were given a day's pleasure on Sugar Island. It is to be hoped that this summer will see the good work continued.

Visiting Nurse Work and the Nursing Profession.—The twelfth annual convention of the Nurses' Alumnae Association of the United States was held in Minneapolis, June 9-11. The position which Visiting Nurse work is beginning to hold relative to the general profession of nursing was amply shown by the numerous papers on the subject which were presented at the various meetings. Miss Abbie Peters, of the Associated Charities, St. Paul, read a paper on "The Visiting Nurse's Need of Social Training." Miss Ida M. Cannon, from Massachusetts General Hospital,

Boston, Mass., read one on "Social Service Work." Miss Leet, of the Visiting Nurse Association, of Cleveland, read a paper on "The Babies' Dispensary and Hospital of Cleveland." Miss Gardner, of the Visiting Nurse Association, of Providence, R. I., spoke on "Summer Work," and told of the success of their Baby Camp and how they were planning to have a dispensary modeled after the Cleveland Babies' Dispensary; and Miss Lent, of the Visiting Nurse Association, of Baltimore, gave a most interesting paper on "District Nursing and How to Organize." A discussion followed bringing out very strongly that Visiting Nurse work demands the best nurses, and that special training along Visiting Nurse lines is necessary before a nurse is thoroughly equipped for district work.

Cleveland Visiting Nurses in Buffalo.—Twelve Visiting Nurses from the staff of the Cleveland Association attended the Conference of Charities and Correction held in Buffalo, June 9-16, and one attended the annual convention of the Nurses' Alumnae Association. These conferences arouse the interest of the nurse in many social questions as well as questions pertaining to her profession and are of great educational value.

The Children's Tent Colony for tubercular children was opened June 1. There were twenty-nine applicants for admission, but only twenty, the limit of the Colony, could be accommodated. We look for the same improvement in their condition as was effected in the condition of the children last summer.

A Correction.—In the April number of the Quarterly in an article on "Babies' Dispensaries for Well Babies," by Dr. H. J. Gerstenberger, it was erroneously stated that "any member who cannot afford to pay *six cents* a quart for milk, etc.," It should be *sixteen cents* a quart.

Fire Cracker Banks.—The Fresh Air Camp and Babies' Dispensary and Hospital joined forces on July

Fourth in a campaign for funds. An ordinance had been recently passed by the city forbidding the sale or use of explosives on that day and these organizations tried to work out a scheme by which the money usually spent in patriotic demonstrations should go toward diminishing the discomfort and distress of babies and children during the summer.

Banks modeled after a gigantic fire cracker were distributed throughout the stores and the public places of Cleveland. The newspapers gave generous aid and the idea of showing a form of patriotism by building up the man-power of the community was suggested to the public. We will publish the results of this campaign in our next issue.

Branch Dispensaries for Well Babies.—The four branch dispensaries for well babies, the plans for which were so admirably set forth by Dr. H. J. Gerstenberger in the April Quarterly were opened on June 15th. The attendance amply justifies their establishment.

The Outdoor Ward of the Babies Dispensary and Hospital.—It is a good thing indeed when a dream assumes material shape and comes to live among us. There must always be, however, a human agency to effect this transition from the ideal to the real. The dream of the Outdoor Ward existed, as Mrs. Andrew Squire so happily puts it, in the heart of a nurse, but it was Mrs. Squire herself who gave heed to its claim and who found for it the friends and supporters without which it could not have passed over the border into the world of actual things where the little ones needed it so badly.

Stories Told by the Nurses



A Little Interpreter

The Visiting Nurse had been called upon to investigate the case of an Hungarian mother who was in need of an operation, and her little girl who had adenoids and enlarged tonsils. Also to see about a baby, in the front part of the house, who had bad eyes.

On arriving at the house she found the mother lying, dressed, upon the bed, waiting for the ambulance to take her to the City Hospital; the mother with the baby had called to bid her "goodbye," and the little girl acted as Interpreter.

The nurse asked, first, about the baby, who, it developed, was in the care of a private physician.

The little girl, Rose, a delicate child of eleven years, sat down composedly and folded her hands in her lap. "Last Saturday," she said, with an air of imparting valuable information, "this woman and her baby and myself went to the doctor's office. I went because she can not speak any English. When we got there the doctor washed off the baby's eyes and put some stuff out of a bottle, medicine—or what—I don't know. Then he took some yellow powder—medicine—or what—anyway it was medicine—and put some of that in its eyes. Then we went home and it was supper time, and the baby's mother went into the kitchen to get supper, and it was bright light in the kitchen but in the dining room where the baby was, it was dark.

"After awhile she heard the baby say: 'Mama, mama, I want some bread,' and she went in and the baby was sitting up—looking!

"And they were so glad because the baby looked; because the baby had not looked, *not once*, since it was two days old."

"Ask the mother how the baby is today," the nurse said.

"She says the baby is better today. If God wants to leave her the baby, it will get well. But if God wants to take the baby himself, it will not get well. I think the baby will get well—but I am afraid for my mother. Her trouble has been too long."

"How long?"

"Ever since my little sister came, coming seven years. When we were in Indiana my mother went to a hospital and she would have been well in a few days, only a danger happened. But the danger came and she has always been sick. My father went away a while ago and he never came back. One time my mother got a letter and he said he did not have much trouble getting where he was, and he didn't think he would have much trouble getting where he wanted to go. Only he didn't tell us where he wanted to go, and he never

sends us any money, and my grandmother has to go out washing. But I never want him to come back. He was bad to us. Every Saturday he got drunk and quarreled with my mother and beat her—and that made her troubles, too.”

Her face was stern and her eyes steely. “If he was there dead,” she said, pointing tragically to the floor, “not one tear would fall to the ground!”

“But you love your mother?”

Her face softened and she looked at her mother with loving anxiety.

“Oh, yes!” she said, “more than anything in the world.”

“I’ll tell you what will be nice,” said the nurse, “after your mother has come back from the hospital and you have had your nose and throat cared for at Lakeside, you can have your grandmother to keep house, and you and your mother and little sister can go out in the country for a week and get well together. Won’t that be nice?”

“Oh, she breathed, “won’t that be—grand! I have never seen the country—only once I was at Gordon Park and there was green grass and music and it was splendid!”

She talked volubly in Hungarian, and from the mother’s care-worn face the look of patient long suffering vanished and a dim hope shown there.

The nurse left, promising to come again in two weeks to see how they were.

Rose followed her to the door and gravely shook hands.

“I hope my mother will surely be well in two weeks,” she said, “and we will be very glad to see you.”

(Every word as the child said it.)

Sammy Volkonsky, Nurse

The little Volkonskys stood in a solemn, admiring circle as I washed the new baby.

Sammy leaned over and carefully laid his finger in the palm of the baby’s hand. The little fingers wavered and then

closed on it weakly. When Sammy looked up, the reverence and adoration in his face startled me.

"Do you love your new sister, Sammy?" I asked.

"Sure!" and then shyly—"I wanted a girl."

As I made my visits, day after day, I discovered that Sammy, though only ten years old, was the mainspring of the Volkonsky household.

In the words of the mother, herself, "Sammy, he good boy. He make de breakfas, supper, dinner. He sweep de floor, wash de dishes, make hot soup-me, bring vasser to make mine face clean, take up de baby ven she cry. He good—he *nice* boy."

Sammy attends school and is bright and anxious to learn. But when one's father is a rag-peddler, and there are nine mouths to feed, and the pennies come in so slowly and go out so quickly, there is no money left to pay anyone to do all these things. So Sammy stayed home from school.

Several mornings when I arrived shortly before lunch I found the meat stew bubbling briskly on the fire and the brown bread cut in thick slices, ready for the children's dinner. Often, too, I found hot soup or milk on the chair by the mother's bed, but never was dish or glass set on the chair itself, always on a plate, which served as a tray.

It was to the baby, however, that he was especially devoted. It was he who delved down into the debris of all the old clothing and brought out the warmest little shirts, and the dresses that were long enough to turn up and fold around the feet, for, as he said, "When a baby is so little, the feet must be warm."

It was he, too, who each morning after I had finished dressing the baby, took the towel, wash-cloth and all the soiled clothing away, washed them and hung them up to dry, so that I always had things fresh and sweet.

The thought came to me one day that a boy who could work so well, could certainly play well, too, so I asked him if he would like to go to Hiram Camp this summer. Would he! His face was radiant. Then a sudden thought struck him.

"I have a sister who is all the time weak—she must go."

"But if only one could go?"

"Then she should go; for she is weak and I am never weak—that's my luck—but—but if only it could be that we both should go—"

Visions of wonderful things were reflected in Sammy's eyes, "if only we both should go!"

He followed me to the door and politely held it open. Outside in the sunshine the boys were spinning their tops, and over across the street the ice cream sandwich man beamed alluringly. His eyes were a little wistful.

"Your mother has done a lot for you, Sammy," I ventured.

His face cleared instantly, "Sure—an' then I like the baby."

A Garden in the Shadows

Out in Newburgh, lying between the tracks of the Pennsylvania and the Wheeling & Lake Erie Railroads and surrounded on three sides by the works of the American Steel & Wire Company is a little settlement composed mostly of Slovenes and Croatians. Among the buildings are a few tenements but more often they are little cottages of two or three rooms. The paint, if ever there was paint, is dim and dull, grown gray and black from the action of the atmosphere heavy laden with soot, smoke and cinders. There are no trees, no grass plots, no gardens, no signs of verdure. The garbage is not carefully disposed of, there are no sewers, the air is tainted with foul odors. The whole settlement is shadowed by day by a cloud of smoke and lighted up at night by the red glare of the flaming furnace near by. No quietness is here, but a constant din and jar, for the mills are never still. The windows in the little hovels rattle, the very earth seems to beat with the pulse of the great machinery, always moving.

Into this settlement the Visiting Nurse was called some little time ago. She went in response to a message from the



A COMMUNITY GARDEN.

school physician. The child led the tangled way, for there are no numbers on the houses, and brought her to a low building containing seven rooms and comprising three dwellings. The home which she visited consisted of two rooms occupied by a father and mother and three children. The mother, of French birth and a woman of intelligence, is easily the leader in this community where she has lived for the last four years. As she speaks several languages she is invaluable as an interpreter.

Now when the Visiting Nurse appears in the settlement, her coming is usually heralded and in a few minutes she is holding a "little clinic" to which mothers bring their sick little ones in their arms, or come to beg the nurse to see a sick husband or other member of the family.

One man, a saloon-keeper, owns a great part of the settlement, twenty-three houses and a vacant lot comprising two acres. The nurse suggested that a community garden be made of this vacant lot. When the matter was explained to the landlord he became much interested and generously offered the use of the land. Going from house to house he called in all his tenants together and explained the matter to them in their various languages. Work on the garden has just begun. Every family is buying seeds and looking forward eagerly and anxiously to having a little plot of ground to cultivate.

We shall note carefully the progress of the garden and the development of the neighborhood spirit in this common interest. We shall know whether flowers will bloom and vegetables thrive in this poisoned atmosphere.

A Journey to Rainbow

"Please, nurse, don't forget Rosie's shoes," said little James, one of the cripples at Lakeside Hospital.

There were six in all—to tell their histories would take too long. The majority of them had spent the winter months in plaster casts and extensions at the hospital. Now they were better and waiting to go to Rainbow Cottage.

The day had arrived, an ideal spring day. Each child had been presented with a complete new outfit. Rosie's shoes had been delayed, and James was very much worried. Such dressing as they had! How proud of their new clothes! Would that automobile never come? There it is now! The crutches and bundles are stored away. All are in good and fast. Goodbye! Toot-toot and away, Euclid avenue, the park, out into the country road. The expression on those wan, little faces was a study. Eyes, ears and mouths drinking in the beauty of the spring with happiness too great for words, now a little happy sigh, now a murmur. Oh, the blossoms, see that sheep, look at that big dog! A veritable journey through fairyland it was and best of all Rainbow, yes, and something better than a pot of gold at the end of it. Roses for those pale cheeks, strength for those feeble backs, for if ever health and happiness can be found for the little ones it is at Rainbow Cottage with its large play grounds and the woods where appetites are created and then appeased with home made bread, fresh milk and all sorts of good food, where nurses care for their ailments and watch over them day and night.

A few days ago, while in the Italian district I overheard: "No, we were not allowed to do that at Rainbow." It was Lena, who two years ago was at the cottage, a pale, sickly child with a tubercular hip, obliged to use crutches. Now she walks easily without them and is strong and well. A little leader among her companions, she helps unknowingly the cause which so benefitted her.

Little Jimmie

Poor little Jimmie's mother was anxious enough to have him well and strong. Whenever he cried she walked with him, talked to him and nursed him until he had a severe attack of dyspepsia.

When he developed a cold, "she couldn't see how, as she hadn't let a breath of air touch him." Afraid to give medicine for fear it would upset his stomach she pumped the

breast milk, boiled it with rock candy and gave it to Jimmie. Strange! This did not cure! So she took Jimmie to the Babies' Dispensary. She listened carefully to the physician, went home, nursed the baby exactly as she was told, and soon he was well and happy again.

Now she tells her neighbors not to feed their babies fruit, candy, or watermelon for it is such food which so often makes them ill.

Two Pictures

I.

Far down the street a dusty little figure separated itself from a group and waved at me till I waved my umbrella in return.

As we neared each other, "Did you want me?" she asked. "No, do you want me?"

She looked up with shy brown eyes and put her hand on mine.

"No," she said.

So together we walked along the blistering, sun-baked street past many children who, like her, were uncertain whether or not they were wanted. Huge drays rattled over the uneven pavement. Hucksters pushed their carts, hoarsely calling their goods, and the voices of women cut the air shrilly as they haggled over the price of the green stuff and fruits or berated their quarreling children. Through all other noises came the clang of cars and the roar of distant machinery, and all around was the smoke-laden air with its taint of oil wells.

Yet, in the shade of every narrow door-way, babies and dogs alike, exhausted by the heat, were sleeping peacefully.

We came finally to a narrow court, a rectangle bounded by blank walls and a blazing sun, where not even a blade of grass was to be seen. Opening the broken gate, we passed by many rear doors to the very last one up the rickety, outside stairway.

II.

Away out on Buckeye road where the wind blows fresh and sweet over many acres of sunny fields, a rose-bordered path leads to a children's Paradise and every child who enters there takes back to the city a little magic wand of inspiration.

It is such a wonderful place. One never knows just where a path may lead them. It may lead to the cunning cottage for creepers, or to the tiny houses built for tired mothers, or to the little tent-dwellers over the hill. Or it may just end in a dark, delicious tunnel of green, where, if one is very still, he may almost touch the birds.

Then there is the brook with the stepping-stones, and this must be enchanted too, for if one's foot slips from the stone into the cool depths, it is very hard to get it out.

All along the brook are berry bushes and tangles of wild grapes, and a very odd thing about these berries is that, though they are black berries, they never turn black—they all disappear at the first touch of red.

So the busy, joyful day passes. After a while twilight comes, with the song of the whip-poor-will, then the stars, and finally, the dark.

Need for an Outing

A little Syrian girl of twelve years lives on the third floor of a Syrian tenement on Woodland avenue. She has been in America two years, but *has never attended school* here. She speaks English very well, however, and is a bright child. Her mother is paralysed—has no use of her lower limbs, and has to be lifted in and out of bed. This little girl is the oldest of three children. The father is out of work most of the time. The Chronic Case Committee provided the mother with a wheel-chair, and this helps a great deal, but the little twelve-year old girl has to do all the housework and prepare the meals for the family. Still she is bright and cheerful and never complains, even though she never has had an outing.

Help from the Fresh Air Camp

One of the puzzling questions that often arises in the experience of the Visiting Nurse is how to care for the children while the mother is ill. This is especially the case when for any reason the mother is obliged to go to a hospital. In the summer time the Fresh Air Camp often proves a most helpful and delightful solution to this difficulty. For instance: A mother of five children ranging from one and one-half years to eight years was urged to go to the hospital for a much needed operation, but refused to leave her children. The Outing Nurse called and quietly relieved her of all worry by arranging to take all the children to the Fresh Air Camp while she is in the hospital.

In another case there are six children ranging from two to fourteen years. The mother has been in the hospital for the past four months—tuberculosis is feared. The fourteen-year old daughter has done all the work for this large family and attended school until the end of the school year. Now the whole six are in the Fresh Air Camp enjoying pure air, plenty of room, and good food, while the "little mother" is enjoying a well earned rest.

The End of a Story

Readers of the April Quarterly will remember the story of the young Russian Jew, who was taking care of his wife, critically ill with pneumonia, and the new baby. They will be interested to know that the poor woman was finally taken to the City Hospital, where she lay for ten weeks very ill most of the time. The little baby also was very thin and ill.

The other day, when the nurse called to see her, she had been home three weeks. The baby is now four months old and is fat and rosy. The husband, who was a soldier in the Russian army, has now taken up painting and is working almost all of the time. They intend to move to better rooms soon. The woman was so glad to see the nurse she could

hardly keep back the tears as she thanked her for coming. She did not know the nurse's name or where she could reach her, and she had wanted so much to see her and thank her.

Paragraphs

Two and one-half years ago, one of the district nurses took care of a woman with cancer until she died. The woman's daughter is an invalid (Grave's disease) and the nurse has always kept in touch with her, frequently making



THEIR ONLY PLAYGROUND.
A FIRE ESCAPE ON THE SIXTH FLOOR.

a friendly visit, etc. The other day she came to the nurse and brought ten cents for the outing work—she wanted to help a little!

In one of the worst tenements in Cleveland, away up rickety stairways, in dark and close rooms on the sixth floor, live seven little children whose only play ground is the fire escape!

A little girl of ten years took care of her mother all day. When the nurse came she waited on her and prepared the water for the baby's bath. "When I grow up," she said, "I'm going to be a nurse, but now I am nothing but a greening from New York."

A delicate little girl of nine years with chorea lived in a very poor home, the father a drunkard. We sent her with a party of children last summer to a family of well-to-do farmers. The farmer's wife liked her so much, and the fresh air and good food did her so much good, that when it was time for her to return, the woman accompanied her to her squalid city home and asked her mother if she could keep the child for the winter. The little girl returned to the farm and now the woman wants to keep her indefinitely and clothe and educate her. The little girl is wonderfully improved and looks and acts like a different child.

Staff of Nurses

Main Office, 501 St. Clair Avenue.

Telephones, Main 2175—Central 3602

Miss Matilda L. Johnson, Superintendent

Miss Hanna Buchanan, Registrar

Miss Katherine Sullivan, Office Secretary

In District Stations

Miss Frances Brown	{ Alta House Mayfield Road Doan 1537
Miss Mary Curtis.....	{ Tielke's Pharmacy 3800 Detroit Avenue West 303, Central 4268.
Miss Mary E. Galloway.....	{ Goodrich House 612 St. Clair Avenue Main 3716, Central 4657
Mrs. Lucy James.....	{ 3322 Central Avenue North 163-X
Miss Charlotte Ludwig {	Pilgrim Church W. 14th Street and Starkweather Avenue South 184 J.
Miss Elsie McDowell.....	{ Hechler's Pharmacy 5496 Broadway, S. E. Broad 314, Union 573
Miss Mildred Palmer.....	{ Hiram House 2723 Orange Avenue North 732 J, Central 128
Miss Cassie Salisbury.....	{ Tielke's Pharmacy 3800 Detroit Avenue West 303, Central 4268
Miss Mary E. Sarr.....	{ Central Friendly Inn Central and Broadway North 173, Central 4464 R
Miss Blanche Swainhardt.....	{ Hiram House 2723 Orange Avenue North 732-J, Central 128

In Social Dispensaries

Miss Belva Hamilton...	{	Tuberculosis Dispensary
Miss Josephine Kephart.		Western Reserve Medical College
Miss Sarah Stevens.....		St. Clair Avenue and E. 9th Street
Miss Margaret Trojan..		Main 1477, Central 5461 W
(Miss Jane Nash, Vacation substitute.)		
Miss Jane Grant.....	{	Rainbow Cottage Nurse
		Lakeside Hospital
		North 580, Central 5954
Miss Helen Bever.....	{	Babies' Dispensary and Hospital
Miss Florence Dark.....		2500 E. 35th Street
Miss Harriet L. Leet.....		North 410, Central 6939 L
Miss Cora Templeton.....		
Miss Agnes Sutherland, Vacation Substitute.		
Miss Effie B. Doverspike.....	{	Board of Health Nurses
Miss C. Louise Leberman.....		Babies' Dispensary and Hospital
		Branch Dispensaries
		Kinsman School
		Central Friendly Inn
Miss Gertrude Barnes.....	{	Cleveland Maternity Dispensary
Miss Mary E. Hogan, Vacation		St. Clair Hospital
Substitute.		4422 St. Clair Avenue
		East 22, Central 1734
Miss Grace Bentley.....	{	Factory Nurse
		Cleveland Hardware Co.
		Lakeside Avenue and E. 45th Street
		East 386, Central 2414
Miss Alice Ranney.....	{	Lakeside Hospital Nurse
Miss Rose M. Foster,		Lakeside Hospital
Vacation Substitute.		North 580, Central 5954
Miss Jessie Lambert....	{	Western Reserve Maternity Dispensary
		Lakeside Hospital
		North 580, Central 5954
*Miss Helen I. MacRoberts.....	{	Children's Fresh Air Camp
Miss Anna Robinson.....		Outing Department
		Main 1671
*Miss Alice I. Conners.....	{	Children's Fresh Air Camp
		Mother's Camp

*The School Nurses will be returned to their regular work when the summer schools open, and other nurses continue the outing work.

QUARTERLY REPORT

OF

The Visiting Nurse Association of Cleveland

There have been several changes in the staff during the past quarter. The assistant nurse in Hiram House District has been taken on as a regular Visiting Nurse and placed in charge of the eastern half of the district, now known as the Second Hiram House District. Her new station will be at the Council Educational Alliance, 3754 Woodland avenue. The two Board of Health-nurses, Miss Doverspike and Miss Leberman, have been transferred for the summer to the branch dispensaries for babies; one school nurse, Miss Mac-Roberts, has taken up the outing work, the other, Miss Bentley, is taking her yearly vacation, and one of our district nurses, Miss Connors, has been placed in charge of the Mothers' Camp at the Children's Fresh Air Camp.

There have also been three resignations, Miss Wright, who inaugurated the work in connection with Lakeside Hospital and who has been on the staff for three years; Miss Fenton, the Factory Nurse, who has been with us for two years, and Miss Thompson, who has been with us but a short time, but finds the work too much for her strength. These vacancies have all been filled.

The association has been doing much during the past three months to win for itself the name of a social service training school for Visiting Nurses. As Miss Sherwin pointed out last April, in her admirable article, entitled "An Experiment in Organization," the lack of experience in general social service work is felt by all new nurses taking up Visiting Nurse work for the first time. It has been the endeavor of the association, therefore, to give them this ex-

perience as early in their probationary service as possible, and to supplement it whenever the opportunity offers, during all the time they are connected with the staff. During the National Conference of Charities and Corrections, held in Buffalo, June 9-16, twelve of our nurses and the office secretary were given leave of absence to visit the Conference, one of our trustees giving \$5.00 to each one to help defray expenses. The conference was of great educational value and each Visiting Nurse drew from it some special inspiration for her particular branch of the work.

The nurses have also lately been given special opportunity for visiting the various city institutions. One afternoon a trip was made to the Warrensville Farm Colony, where the City Tuberculosis Sanatorium and the almshouse people were visited. The old people, numbering 700, men, women and aged couples, who were formerly housed in the old Infirmary in the city, have recently been moved out to their comfortable new quarters. The buildings for the almshouse residents are of plaster with red tile roofs, and present a very attractive picture in their setting of green fields and forests. There are plenty of windows, but most of them tightly closed, for the old people are averse to fresh air blowing on them—here is an opportunity for much educational work. Each ward has a sitting room with balconies, and there is a ward for the sick inmates, with a trained nurse and an orderly in charge. The most humane thought has been given to the aged couples, who have a special cottage in this group of buildings. It has 16 private rooms, with two comfortable living rooms with fireplaces. Each room on the ground floor has an outside entrance, and it is arranged so that each couple can have a garden plot to themselves.

The association has been trying to demonstrate the great value of a Visiting Nurse in connection with the City Hospital, hoping that in time the city will feel justified in supporting one for this particular work. In the meanwhile the hospital and city officials have been most courteous in giving every opportunity for co-operation. Dr. McAfee, superintendent of the hospital, has extended to the nurses the pri-

vilege of visiting any department of the institution at any time. Miss Gent, the principal of nurses, and the supervisors of each division have become much interested in the idea of getting in touch with the home life of their patients and one supervisor had started a book with the convalescing patients' names and addresses, and after a few personal talks with the patients makes notes in her book regarding the health of the family, etc., etc. The Visiting Nurse is gradually winning the confidence of the people in the hospitals, and most of the opposition is from those whose homes have not been visited by her.

The Supply Committee has as usual done an immense amount of work. During the three months ending June 25, it made 772 packages of obstetrical pads and 800 packages of gauze sponges. The members in charge of the loan closets have continued to perfect the system by which the articles are used and loaned, with the result that in May they were able to report "two closets inspected, with not one article missing or unaccounted for"—a record which is a source of much satisfaction.

The Committee on Publication is able to report that the April number of the Quarterly more than paid for itself, in advertisements and new subscriptions and it is earnestly hoped that the future will continue to justify the venture.

STATISTICAL REPORT FOR THREE MONTHS

April, May, June, 1909

	PATIENTS	VISITS
In Districts	1,198	6,590
Babies' Dispensary	776	2,784
Tuberculosis Dispensary	256	2,056
Western Reserve Maternity Dispensary.....	43	739
Cleveland Maternity Dispensary.....	36	607
Rainbow Cottage	108	576
Factory Nurse	39	355
Lakeside Dispensary	74	403
Contagious Nurses, April 1—June 15.....	...	837
*School Nurses, April 1—June 18.....	...	253
	2,530	15,200

*The School Nurses gave 3,183 treatments in schools.